



Helpful
Hints

for

HOMEMAKERS

Compliments of MORTON Salt Company

about

SALT...

especially IODIZED salt

This booklet has been prepared in the hope that it will make your life more pleasant, by making your life easier.

Salt, as you know, is essential for a healthy life. And, pure economical Morton Iodized Salt is necessary to prevent one of the most common diseases of childhood and adolescence—simple goiter. Simple goiter is a disease of the thyroid gland at the base of the neck. It is caused by lack of iodine in the diet, and occurs most often in children between the ages of six and sixteen. The incidence of simple goiter is less in coastal states where fresh, iodine-rich seafoods are readily available, but goiters can and do occur in all states. Morton Iodized Salt, with its scientifically measured and stabilized iodine content, is a medically recommended method of preventing simple goiter. Morton Iodized Salt was the first on the market and the first recognized by the American Medical Association's Council on Food and Nutrition.

Morton Iodized Salt retains the superior whiteness, flavor, and purity of plain salt, and has the same free flowing quality in humid weather.

For over 100 years the name Morton has stood for quality salt products. When you use Morton's you can be certain that you are using the finest salt that can be produced.



Cooking . . .

SEASONING—How often have you had dinner in a restaurant and the food was rather bland and tasteless? Not very often, if at all. The reason—professional chefs know the importance of proper seasoning and they all build the wonderful flavors that they get in their dishes, from a base of table salt. A few sprinkles of Morton Salt can often make the difference between a memorable eating experience and a complete culinary failure. Listed on the following pages are many ways in which Morton Salt can be helpful to you when you are cooking and keeping house.

ROOT VEGETABLES—To cook root vegetables, start in boiling salted water, to which has been added about one teaspoon of salt to a quart of water.

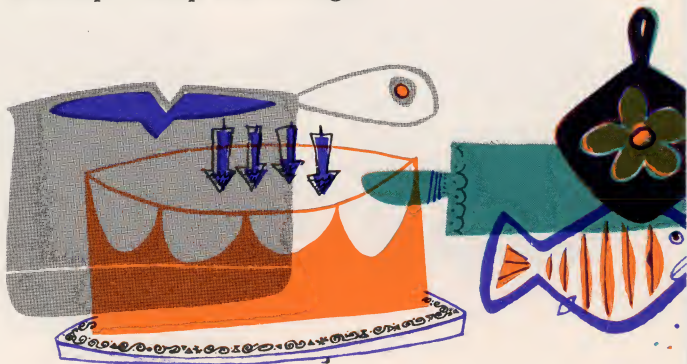
MEATS—In cooking, salt the meat at the beginning of the cooking period. This enables the salt to penetrate to the interior of the meat, giving it an even flavor.

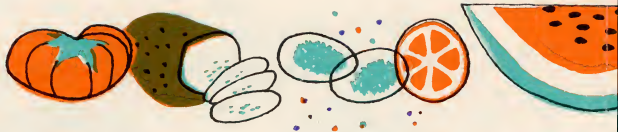
ICINGS—Cake icing will not sugar if a pinch of salt is added while it is being cooked.

PANCAKES—Rub pancake griddle with a little bag of salt instead of grease. The pancakes will not stick and the salt will prevent smoke and odors.

CABBAGE • GREENS—Disagreeable odors can be eliminated when cooking cabbage and greens by adding salt to the water and leaving the pan uncovered.

MILK—Pouring a little salt in milk when it is fresh, will help it keep much longer.





SOUP—If soup is too salty, do not waste it; slice a raw potato or two into the liquid. Boil for a short time and the salt flavor will disappear. Remove potatoes and use for other dishes.

CREAM GRAVIES • SOUPS—To keep those unsightly and hard to remove lumps from forming in cream gravies and soups, mix salt with the flour used for thickening.

RHUBARB—You'll save some sugar when cooking rhubarb if you add a pinch of salt to the cooking water. The salt acts as an alkaline and neutralizes the acid in the rhubarb.

GREEN VEGETABLES—Wash green vegetables in plenty of salt water, but do not let the vegetables soak in the water. This is especially good for lettuce, celery, cauliflower, cabbage and other greens.

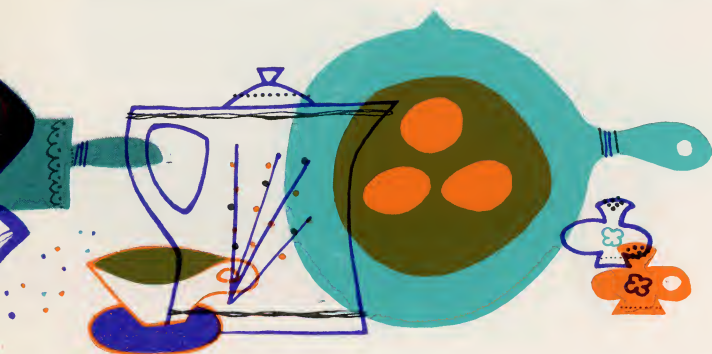
Green vegetables will retain their color better if a little more salt than usual is added to the water in which the vegetables are boiled. The cooking pan should not be covered.

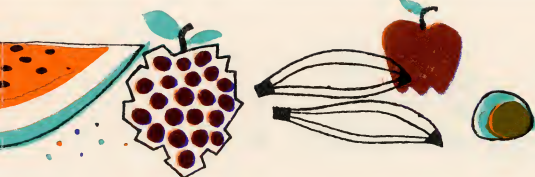
SALADS—Add salt to a crisp green salad just before serving it, otherwise the salt may wilt the greens.

SPINACH—When washing spinach, put salt in the first water and repeated cleanings will not be necessary.

TEA—A little Morton Salt imparts a mellow taste to tea and makes cocoa richer.

COFFEE—Pour a little Morton Salt in coffee that has cooked too long and it will take out the bitter taste.





POTATOES—To make sure that your potatoes will be nice and mealy after boiling, drain off all the water and sprinkle a little salt over them. Hold the pan over the fire and shake the potatoes quickly back and forth. This dries out all the excess water and gives them that mealy texture we all prefer.

PECANS—Soak pecans in salt water for several hours before cracking them. The nut meats are then easy to remove whole.

FISH—Soak fish in strong salt water for a short time before cooking. This will remove the muddy taste that so often accompanies fish.

To prevent fish from sticking to the pan when frying, sprinkle a little salt in the skillet before placing the fish in it.

APPLES—When cooking apples, the addition of a little salt will make them tender and improve the flavor.

DESSERTS—The flavor of the most delicate desserts can be improved with a little Morton Salt.

SHORTENING—When lard is used for shortening, a small amount of salt will insure better results. Morton Salt improves pie crust and pastry of all kinds.

If a baking recipe has been tested with butter or margarine, and you want to use vegetable shortening instead, remember that you usually need one-half teaspoon of salt for every half-cup of the shortening.

EGGS—For best results when boiling an egg with a cracked shell, a teaspoonful of salt added to the water will keep the shell intact.

Always pour a little Morton Salt in the water in which eggs are being poached. This will set the whites, giving the eggs a better appearance when served.

WHIPPING CREAM—A little Morton Salt sprinkled on whipping cream will help it whip more easily and rapidly. This is also true with egg whites.

House

BATHTUBS • WASH BOWLS—Salt and Turpentine will help restore the color of white enamel bathtubs and wash bowls.

ICY WALKS—Dangerous icy sidewalks and steps can be made skid-proof by sprinkling with Morton Salt. The ice will melt quickly.

STAINED BOTTLE—To make stained bottles beautifully clean and bright, pour in salt and cover with vinegar. Let stand a few hours and shake.

WHITEWASH—Whitewash will adhere better to walls or fences if salt is added to the solution prior to application.

AUTO WINDSHIELDS—Avoid automobile accidents by rubbing a little moistened Morton Salt on the outside of the windshield. Morton Salt prevents snow and ice from collecting on the windshield and distorting the vision.

CEMENT—A paste of salt, alum and boiling water, when poured in cracks in the floor, serves as a cement.

BROOMS—soaked in hot salt water wear better.

PIPES—Mix equal parts of salt and soda and force into any lavatory pipes stopped up with soap. Let the solution stand an hour and then pour boiling water through the pipes. In almost every case they will become unclogged.

CUT FLOWERS—Cut flowers will keep longer if a dash of salt is added to the water in which they are kept.

MOTHS—Moths in carpets can be prevented by scrubbing the floors with a strong solution of hot water and Morton Salt just before laying the carpet.

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VASES—Deep vases may be cleaned by allowing a solution of salt and vinegar to stand in them a short time. Rinse with clean water after shaking well.

FURNITURE—Marks on furniture made by hot dishes may be removed by making a thin paste of salad oil and Morton Salt and applying to the spot. Let stand an hour or two and wipe off.

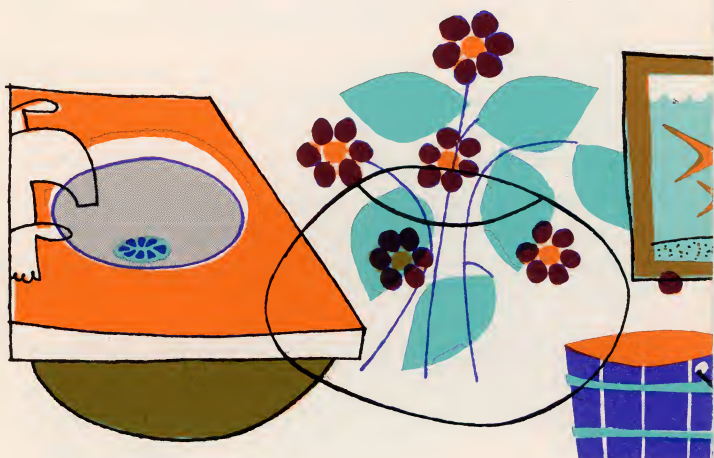
FABRICS—When washing colored fabrics a little salt added to the wash water prevents the colors from running.

FISH BOWLS—A little salt added to the goldfish bowl once a week invigorates the goldfish and makes them healthier.

RUGS • CARPETS—To restore freshness to faded rugs and carpets, wipe vigorously with a wet cloth which has been wrung from a strong Morton Salt water solution.

Sprinkling Morton Salt on the carpet before sweeping helps to destroy moths.

SPONGES—Household sponges may be kept fresh if, after washing, they are soaked in cold salt water. This will give them new life.



PATCHING PLASTER—To repair a hole left in a plaster wall by a nail, take equal parts of salt and starch, add just enough water to make a good patching plaster, fill the holes and they will be neatly covered.

WINDOWS—To keep windows polished and free from ice and frost, rub the inside of the glass with a sponge that has been dipped in alcohol. Or, wash the glass with water in which a small handful of salt has been dissolved. After the alcohol or salt water has been applied, polish the glass with dry cloth or newspapers, and worry no more about frosted windows—even on zero days.

GREASE SPOTS—Grease spots which occasionally get on carpets around the dinner table may sometimes be removed by sponging off the spot with one part salt to four parts alcohol.

HOT WATER BOTTLE—A bag of salt can be used as a substitute for a hot water bottle. Pour the salt into a skillet and heat it in the oven until almost at the smoking point. Pour into a cotton bag and you will find it will serve as well as a hot water bottle.



Kitchen..



DISHES—Dishes in which eggs have been served will wash easier if a small amount of salt is put in them, as they soak.

MILK PANS • DISH PANS—Milk pans and dish pans should be scoured with Morton Salt, then rinsed in hot water.

ENAMELED SAUCEPANS—Never fill an enameled saucepan that has been burned, with soda and water. Instead, fill it with cold water and two or three tablespoons of Morton Salt and let it stand overnight. In the morning bring the water slowly to a boil and the saucepan will be perfectly clean.

BAKING TINS—Pour Morton Salt in the oven under baking tins to prevent scorching.

KITCHEN TABLE—Wash the kitchen table, if unpainted wood, first with soap and water, then rub with a cloth saturated with Morton Salt. This will make the table much whiter.

ONION ODOR—Slices of lemon cut through the rind and eaten with salt, will kill the odor of onions on the breath.

IRON PANS—To clean a greasy iron pan, put some salt into the pan and wipe with paper. It is very little work and makes washing much easier.

FIREPLACE—Some time when your fireplace is blazing hotly, throw a handful of salt into it. You'll like the bright blue flames and the combination of flame and salt acts as a chimney sweep, going a long way toward preventing fires and burned-out flues. A handful of salt once a week in fireplaces and furnaces will prevent a lot of the flue fires usually occurring in the winter.

MORTON SALT COMPANY
CHICAGO, ILLINOIS

when

it

rains

it

pours

